



CLAUDIA NORIEGA-BERNSTEIN

WORKBOOK

Empowered Journey:

Overcoming Challenges

and

Embracing Abundance

Welcome to Empowered Journey!

This workbook is designed to help you identify the challenges you face, map out actionable steps to overcome them, and stay empowered with daily affirmations. Remember, the path to personal growth is unique for everyone, and you are not alone in this journey.



SECTION 1: Identifying Your Challenges

Reflection Prompt:

Take a moment to reflect on the challenges you're currently facing. These can be in any area of your life—career, relationships, personal growth, etc.

Exercise:

- Write down 3 current challenges that weigh heavily on your mind.
- Next to each challenge, identify what emotion comes up when you think about it. Is it fear, frustration, anxiety?

"When I faced the uncertainty of starting over, I realized the fear was really an opportunity in disguise. What if this struggle was meant to lead me to something better?"



SECTION 2: Mapping Out Steps to Overcome Challenges

Step-by-Step Action Plan:

For each challenge you identified, create a plan to move forward. This section helps break down what can feel overwhelming into manageable steps.

Exercise:

1. What is the first small step you can take to address this challenge?
2. What resources (people, tools, skills) do you already have that can help?
3. What's one thing you'll let go of (a limiting belief or fear) to create space for solutions?

"Once I realized I didn't have to solve the whole problem in one day, I felt more in control. Small, steady steps led me to bigger breakthroughs."



SECTION 3: Affirmations for Empowerment

Empower yourself every day with positive affirmations. These affirmations will reinforce your commitment to overcoming challenges and staying on track.

Daily Affirmations:

1. I am strong enough to face any challenge that comes my way.
2. I trust myself to make the best decisions for my life.
3. I release fear and embrace the opportunities that lie ahead.
4. My challenges are stepping stones to my success.
5. Every day, I grow closer to the woman I want to become.

Exercise:

Choose an affirmation for the day and write it down. Reflect on how it resonates with you in this moment.



SECTION 4: Learning from Others' Journeys

This section features short stories or reflections from some of the incredible women you've interviewed on your podcast. These can be powerful reminders that growth often comes through adversity.

Story 1:

"I was stuck in a career I no longer loved, but it took losing that job to realize that I was free to pursue my true passion. Losing something often gives us a chance to redefine what success looks like."

Story 2:

"I thought my divorce was the end of my world, but it was really the beginning of me discovering who I am, independent of anyone else. I learned that my happiness comes from within."



SECTION 5: Your Empowered Future

Vision for the Future:

Take a moment to envision what overcoming your challenges will feel like. Write about the empowered version of yourself that you are becoming.

Exercise:

- What does your life look like once you've overcome these challenges?
- How will you celebrate the small and big victories along the way?

"Visualizing where I wanted to be helped me stay focused on my goals. I didn't have to have it all figured out, I just had to stay committed to becoming my best self."



SECTION 6: Daily Journaling and Reflection

Journal Prompts:

Use these daily prompts to check in with yourself as you navigate your journey.

- What is one challenge I faced today, and how did I respond to it?
- What step did I take today to move closer to overcoming a challenge?
- What did I learn about myself today?
- Which affirmation resonated with me most today, and why?

You are resilient, strong, and fully capable of overcoming any challenge. This workbook is just the beginning. Continue to show up for yourself every day, take small steps, and trust the process. Your empowered future is waiting for you.





Join our community for more empowerment, and connect with other women on this journey. Tune in to “Don’t Shrink to Fit” for weekly inspiration, and let’s continue growing together!



<https://claudianoriegabernstein.com/media/>

*let's create
some magic
together*



[@claudia_noriega_bernstein](https://www.instagram.com/@claudia_noriega_bernstein)



[/claudianoriegabernstein](https://www.facebook.com/claudianoriegabernstein)



[/claudianoriegabernstein](https://www.twitter.com/claudianoriegabernstein)

